

Nisqually Elders menu (360)486-9546

Va & Titan, Cooks

menu subject to change
Non-elder price \$4.00

JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Half Day	4 CLOSED 	5 CLOSED	6 Stuffed Peppers Brown Rice Glazed Carrots	7 Tuna Casserole Broccoli Spears Wheat Bread	8
9		11 Smothered Pork Chops Smashed Potatoes Corn with Beans	12 Sub Sandwich & Pasta Salad	13 Beef Goulash Buttered Noodles Veggie Blend	14 Chicken Stir Fry Brown Rice Fruit	15
16	17	18 Turkey Roast Mashed Potatoes Veggie Blend	19 Chopped Salad	20 Shrimp & Clam Linguine Garlic Bread Roasted Veggies	21 Beef Bulgogi Fried Noodles Steamed Veggies	22
23	24	25 Rosemary Chicken Roasted Potatoes Roasted Veggies	26 Baked Sole Lemon Rice Green Beans	27 Sausage Potato Hash Bacon Scrambled Eggs Fresh Fruit	28 Pork Schnitzel Mashed Potatoes Fried Cabbage	29
30	31					